

'SALT IN THE WOUNDS'
POSTIE PICKET LINE
BLOCKS LOCAL
MANAGERS {page 3}



MORE THAN FRIENDS JEN FINDS BLISS WITH NEW BEAU {page 17}



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Tuesday, June 28, 2011
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► Sisters Carla and Henriette Hochdorfer from the German Bicycle Team keep their balance as they zoom around the Metro Centre during the Royal Nova Scotia International Tattoo media launch yesterday. The event starts on Friday. Story, page 6.

RYAN TAPLIN/METRO

HRM may pull show services

- HRM spokeswoman won't comment on Metallica concert
- 'I can't confirm or deny. I'm flying blind here': Coun. Tim Outhit
- Councillors waiting for word from chief administrator



JENNIFER
TAPLIN
@METRONEWS.CA

It's the Energizer bunny of city hall scandals.

HRM is considering yanking its involvement in the July 14 Metallica concert on the Garrison Grounds, it was revealed yesterday.

Concert promoters need to hire off-duty police officers for extra security and conduct fire inspections through HRM. But HRM is allegedly considering pulling those services because of the outstanding \$359,550 from a forgivable loan given by a former city administrator to promoter Harold MacKay for concerts in 2010.

MacKay went bankrupt in October but is involved in a new company called Rock the Hill, which is producing the Metallica concert with no funds from the municipality.



► James Hetfield of Metallica.

Council was stumped when media reports started swirling yesterday about the possibility of services being yanked. Several councillors sent off-hasty emails to legal services and the new chief administrative officer, Richard Butts.

"Council has not indicated any direction to follow this," said Coun.

Sue Uteck.

Mayor Peter Kelly's office referred all calls on the issue to Butts, who didn't return messages from Metro.

"I guess we're waiting to hear from (Butts) because many of my colleagues (are wondering), 'What's going on here?'" Uteck added.

Former promoter Wayne Mason said he thinks this situation makes HRM look like a bully.

"It looks like we're small enough that we're willing to punish a business because this guy is involved," he said, referring to MacKay.

MacKay, who also couldn't be reached for comment yesterday, won't have enough time to get a court date to settle the matter before the July 14 concert, Mason said.

"They don't have to win or be right. They just have to delay," he said.

A taste of the Tattoo



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Rally to oust mayor on tap today

Calls for Mayor Peter Kelly to resign will ring out in downtown Halifax today.

But an organizer of this afternoon's rally won't estimate just how many voices will be raised in outrage.

"I'd definitely say the larger the number, the better it looks," said Russell Gragg, a spokesman for the citizens' group Step Down Kelly. The rally is set for 5:30 p.m. at Victoria Park, located at the corner of Spring Garden Road and South Park Street.

"I think the key is just keeping the pressure on to keep on getting the information out."

The group announced last Tuesday it was holding the rally to call for Kelly's resignation regarding his role in the cash-for-concerts scandal. The group's Facebook site, Peter Kelly — Resign Now, had over 350 members yesterday afternoon. About 80 more members have joined the site since the rally was announced.

"We encourage everyone to bring your children, bring your parents, bring your spouses, your friends and relatives," Gragg said yesterday.

Initially the group wanted to rally at Grand Parade in front of Halifax city hall, but the grounds are under construction, Gragg said. Victoria Park seemed like a good second option.

"Victoria Park has long been known as being a spot for public gatherings and demonstrations," he said.

● PHILIP CROUCHER

Attendees-to-be

► **Councillors.** Russell Gragg said two HRM councillors told him "they fully intend to attend" the rally, but he wouldn't say who they were.

Canada Post managers face jeers in Halifax

► Union workers, managers return to work yesterday ► About 120 workers were locked out of Almon Street plant ► Have been off the job since June 14



► Dwayne Corner wears his frustration as he and other postal employees block management from entering the Almon Street post office yesterday morning.



JENNIFER TAPLIN
@METRONEWS.CA

Canada Post managers tried to go back to work yesterday morning but were blocked by a human wall.

"Corporate lackeys go home!" was one of the more gentle phrases yelled at the managers from the CUPW picket line on Almon Street in Halifax.

"We told them they can go back to work when we go back to work," said Tony Rogers, who has worked as a postal carrier for nearly

20 years.

Over the weekend, Parliament passed back-to-work legislation for the locked-out postal workers, which took effect yesterday. Workers in Halifax had to report for the night shift at 4 p.m.

"This is just rubbing salt in the wounds to come across our lines today," Rogers said of the managers.

Nearly a dozen police officers arrived on scene to smooth things over.

Sgt. Dean Stienburg of Halifax Regional Police told

"There is going to be a lot of anger and it's going to be a very tense workplace when we go back in there."

VETERAN LETTER CARRIER TONY ROGERS

picketers police would step in if anyone interfered with the managers' right to enter the building.

Rogers promised there wouldn't be violence.

Stienburg took the mes-

sage over to the managers and advised them of their right to enter the building.

"If they try to physically obstruct, or someone could potentially get hurt, that's when we'll get involved," Stienburg told them.

"Essentially you guys are going to make a decision if you're going to cross the line."

After a brief huddle, the managers broke up and left to cheers and jeers from the picket line.

They returned at 4 p.m. and went back to work with the union members.

Mail won't run at full speed right away

Canadians can expect to find bills, letters and magazines filling their mailboxes once again.

Canada Post says mail

delivery will resume today, following back-to-work legislation passed by the federal Parliament over the weekend.

However, the Crown Corporation is warning it will take some time yet to return to "normal delivery standards" due to the backlog of unprocessed mail that accumulated during a

month-long labour dispute.

"Starting up a national postal system in a country as big and diverse as Canada takes some time," Canada Post spokesman Jon Hamilton said in an interview.

"It is going to take some time overall to stabilize the system, get it back up to full capacity

and ensure we can meet our delivery standards."

Hamilton said first priority will go to delivering mail that's been "trapped in the system" since rotating strikes started on June 3.

Canada Post brought mail delivery to a complete halt by locking out employees on June 14. **THE CANADIAN PRESS**

1

news



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Allan Small says it's time for investors to take advantage of great buying opportunities. More at metronews.ca/investing



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Residents get to voice their views

Nova Scotians will have a chance to weigh in on proposed amendments to the province's renewable-energy regulations.

The regulations were enacted last October. According to the Department of Energy, it was always the intention to amend the regulations as additional decisions were made.

The amendments include confirming the province's renewable-electricity target of 40 per cent by 2020, targets associated with the potential Lower Churchill hydroelectric project, and "balancing" wind power with system reliability in the 2013 and 2015 years.

Feedback will be accepted until July 27.

A copy of the proposed amendments is available at gov.ns.ca/energy/public-consultation.

● METRO

Housing agency needed: Group

The Affordable Housing Association of Nova Scotia is calling on the provincial government to establish a secretariat dedicated to housing issues.

In a report yesterday, the housing advocacy group said there has been a "leadership vacuum" surrounding housing issues since the province dismantled the Department of Housing and Consumer Affairs in 1996. "Logically, housing in its most representative sense, that of the housing sector as a whole, is inappropriately placed in the Ministry of Community Services," reads the report. "Housing requires an independent agency, perhaps its own ministry."

Such a department or agency, according to the report, would benefit from a secretariat representing the housing industry as a whole to advise it.

Dan Troke, director of

New report

While the report calls on the province to take a lead role on housing issues, AHANS and Community Action on Homelessness have started work on secretariat-in-waiting composed of housing advocates, politicians and the private sector.

housing with the Department of Community Services, said the government's approach to housing is part of a larger suite of measures. "The reality of it is that low-income individuals' needs are not just about housing," said Troke. "It's also about income supports, it's about life skills, it's about training. And so you can certainly appreciate the rationale for having employment support, income assistance and housing all under one branch."

● ALEX BOUTILIER

Police treating city death as suspicious

► Cops are offering few details, including age of the victim ► Bilby Street residence to remain secured until cause of death is determined

RYAN TAPLIN/METRO



► A Halifax Regional Police officer guards the entrance to a residence on Bilby Street in Halifax yesterday.



ALEX BOUTILIER
@METRONEWS.CA

Halifax Regional Police are investigating what they refer to as a "sudden death" in the city.

Police were called to a residence at 5529 Bilby St. in Halifax just after noon yesterday.

According to police, a friend went to the residence to check on the homeowner. When they arrived, they discovered a body.

"The person hadn't heard from (the person), and just went to check on him," said police spokesman Const. Brian Palmeter.

Palmeter couldn't say how long it had been since the friend had heard from the man, or the nature of their relationship.

"We'll be speaking with that individual to get a bet-

Cause of death

► Police are hoping to have an official cause of death at some point today.

ter sense (of the situation)," he said.

Few other details were available yesterday.

Palmeter said police are treating the death as suspicious, but said that was standard operating procedure.

"There's enough information to cause investigators to treat (the death) as suspicious," said Palmeter, when asked if there was evidence of foul play.

"They'll go through the paces, essentially treating it like a homicide until we have a cause of death.... We certainly want to make sure we cover all our bases at the onset of our investigation."

Cormier testifies he plotted with woman

ANDREW VAUGHAN/THE CANADIAN PRESS

A man accused of kidnapping a New Brunswick woman last year and keeping her captive in his basement apartment for almost a month says they were planning to kill her husband.

Romeo Cormier testified yesterday he had a gun with him on Feb. 26, 2010

— the night of the alleged abduction — when he met the 55-year-old woman outside a Moncton mall.

The 63-year-old Cormier told the jury they drove to her home and parked a short distance away. He said the woman somehow cut her hand outside the

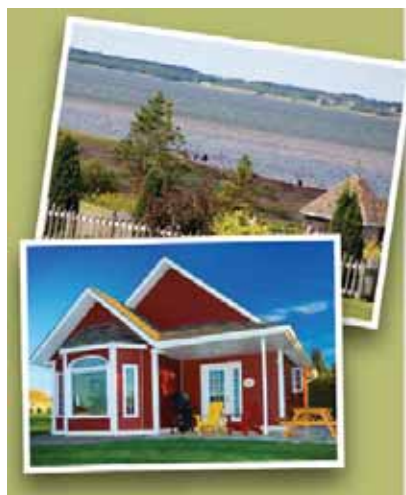
house and that he decided they should leave because she was leaving evidence.

He said she was supposed to go home, but instead she told him, "I'm not going back there tonight." He said she stayed the night at his house.

THE CANADIAN PRESS



► Romeo Cormier



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Shorter, more diverse acts reinvent Tattoo

► New performers this year include German bicycle team, Australian dancers and Estonian roller-skaters ► Runs Friday through July 8



RYAN TAPLIN/METRO

► The Rullest Precision Roller-Skating Team performs during the Royal Nova Scotia International Tattoo media launch at the Metro Centre yesterday.



JENNIFER TAPLIN
@METRONews.ca

Drums and pipes are a given, but a precision roller-skating team and a nod to the royal wedding are new this year.

Eight groups of performers gave the media a taste of this year's Royal Nova Scotia International Tattoo at the Halifax Metro Centre yesterday.

It's a tighter show — spanning two hours instead of three — and there are several new performances, promised director

"There's a lot more variety than we've ever had before."

TATTOO DIRECTOR IAN FRASER

Ian Fraser.

"We (have) more acts than we've ever had. They just move a lot faster and there's a lot more variety than we've ever had before."

He said even the old standbys like the RCMP National Ceremonial Troop will have new content this year.

An instrumental tribute to royal newlyweds William and Kate will

open the show as footage of the wedding plays on the screen.

"We have royal designation, so we're very loyal to the Royal family and the Crown despite what happened last year," Fraser said.

The Queen was set to attend the Tattoo during her visit last summer but organizers raised safety concerns with the steps she would have climbed.

"Rumour was going around that William and Kate would be making a side trip here, but I can't comment on that one way

1,769 The number of performers at this year's Royal Nova Scotia International Tattoo.

or another," Fraser said.

Marla MacInnis, a Highland dancer from Bedford, said a shorter and faster show hasn't made a big impact on the performers.

"I think it's definitely a good thing that they've shortened it up and tried to make it flow better," said the 12-year veteran Tattoo performer. "I think that's definitely an improvement."

Father bikes across P.E.I. for diabetes cause

Steve Beamish began a mission to raise awareness for juvenile diabetes when his daughter, Megan, was diagnosed three years ago.

Indeed, it was Megan's smiling face that kept the Halifax resident going dur-

ing his tip-to-tip bike ride across P.E.I. over the weekend, as a way to raise both awareness and funds.

During Beamish's trip, his daughter and a support team met him at several stops along his route on

Saturday from Seacow Pond to the East Point Lighthouse.

"It was pretty exciting to see that lighthouse coming," said Beamish. "There were a few times it felt like the wind might

blow me off the road."

CHARLOTTETOWN GUARDIAN

15 Beamish said he had never biked the 15-hour trek before. His donations grew to about \$2,000.

Fix 'er up: Mayor wants city in top shape for royals

ALASTAIR GRANT/THE ASSOCIATED PRESS



In anticipation of next week's visit by William and Kate, the Duke and Duchess of Cambridge, Charlottetown Mayor Clifford Lee is encouraging city residents in the P.E.I. capital to show their civic pride by showcasing the beautiful properties around the city.

"The eyes of the world will be on our historic capital city," Lee said.

City work crews have been planting, weeding and repairing; placing ornamental grates at tree bases; hanging flower baskets on light standards and planting the bases of others. Local businesses have

planted more than 70 corner gardens.

Residents are encouraged to weed their gardens, fix the broken front step they've been meaning to repair, touch up the paint on the front door, plant window boxes.

"This is our chance to look our absolute best."

CHARLOTTETOWN GUARDIAN

CONTAMINATION CASE

Supreme Court to make steel plant ruling

A Nova Scotia Supreme Court justice will decide July 6 whether he will redefine the proposed boundaries for a class-action lawsuit related to contamination associated with the operation of the Sydney steel plant and coke ovens.

Lawyers for the plain-

tiffs as well as the provincial and federal Crowns have made submissions to Nova Scotia Supreme Court Justice John Murphy on the matter.

In December, Murphy heard a full day of arguments by lawyers representing the plaintiffs and the provincial and federal auditors general.

He had been asked by the representative plaintiffs to redefine the class from being based on distance from an epicentre in Whitney Pier to being based on medium to high contamination of lead. CAPE BRETON POST

RCMP to drop casino staff security checks

The province will soon be training its alcohol and gaming division staff to perform security checks on potential casino employees and suppliers.

Currently, casino staff and suppliers must be checked by the RCMP. The move is being labelled by Service Nova Scotia and Municipal Relations as an effort to cut red tape and improve efficiency.

The department assures the same level of security will be maintained under the amended casino regulations. ● METRO

Tourism exec to step down

The Department of Economic and Rural Development and Tourism's top bureaucrat will leave his post with the province in the next two months.

Deputy Minister Ian Thompson announced yesterday his intentions to leave government to pursue opportunities in the private sector.

Thompson joined the government in 2006 under John Hamm, opening the Office of Nova Scotia in Ottawa. He was given the deputy minister nod in 2009. ● METRO

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Violent games win court fight

► Minor's video game law overturned by U.S. Supreme Court ► Games get First Amendment protection ► Developers and sellers celebrate decision

Proposed law

- California's 2005 law would have prohibited anyone under 18 from buying or renting games that give players the option of "killing, maiming, dismembering, or sexually assaulting an image of a human being."
- Parents would have been able to buy the games for their children, but retailers selling directly to minors would have faced fines up to \$1,000 per game sold.
- Children would have needed an adult to get games like *Postal 2*, the first-person shooter by developer Running With Scissors that features the ability to light unarmed bystanders on fire.
- The law never took effect. Lower courts have said the law violates minors' constitutional rights.

The U.S. Supreme Court has refused to let California clamp down on the sale or rental of violent video games to children, saying governments lack authority to "restrict the ideas to which children may be exposed" despite complaints that the popular and fast-changing technology allows the young to simulate acts of brutality.

Yesterday, on a 7-2 vote,

the high court upheld a federal appeals court decision to throw out California's ban on the sale or rental of violent video games to minors. The 9th U.S. Circuit Court of Appeals in Sacramento had ruled that the law violated minors' rights under the First Amendment, and the high court agreed. There is no definitive proof that violent video games cause harm to children, or any

more harm than another form of entertainment, said Justice Antonin Scalia, who wrote the majority opinion. He noted there is no tradition in the United States of restricting children's access to depictions of violence, pointing out the violence in the original depiction of many popular children's fairy tales like Hansel and Gretel, Cinderella and Snow White. **THE ASSOCIATED PRESS**

DISSENTING JUDGES' OPINIONS

Justices Clarence Thomas and Stephen Breyer agreed the California video game ban should have been upheld,

Breyer said the court's decision creates an insurmountable conflict in the First Amendment, especially considering

that justices have upheld bans on the sale of pornography to children.

"What sense does it make to forbid selling to a 13-year-old boy a magazine with an image of a nude woman, while protecting the sale to that 13-year-old of an interactive

video game in which he actively, but virtually, binds and gags the woman, then tortures and kills her?" Breyer said.

Two other justices indicated they would be willing to reconsider their vote throwing out the law. **THE ASSOCIATED PRESS**



► JT Taga-Anderson, 9, left, and Mika Taga-Anderson, 13, play *Grand Theft Auto IV* in Los Altos, Calif., Sunday. **THE ASSOCIATED PRESS**

'Bikeability Index' promotes urban cycling

University of British Columbia researchers are pedalling past the old adage "You are what you eat" to propose that bike-friendly city design can have a revolutionary impact on health and fitness.

Arguing the blueprint of a community influences the amount of physical activity its citizens get, they propose the new saying should be "You are — where you live."

The team has created what they've dubbed the "Bikeability Index," a mapping tool that scores neighbourhoods on how accommodating they are to cyclists.

The online, colour-coded maps currently correspond to Vancouver — a city that's pushed hard to get people out and about on two-wheels in recent years — and its surrounding municipalities.



► A cyclist rolls down a bicycle lane in downtown Montreal last August. **PAUL CHIASSON/THE CANADIAN PRESS**

They chart the availability and quality of bike facilities in individual areas, how connected streets are, topography and land use, and then sum up the results to provide cities with a big-picture rating.

Lead researcher Meghan Winters said the team's primary goal is to deliver the maps to the hands of urban planners, who can use them as visu-

al aides to identify which areas of a city should be improved to promote a cycling breakaway. **THE CANADIAN PRESS**

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News in brief

THE ASSOCIATED PRESS FILE



Warrant issued for Gadhafi

THE HAGUE. The International Criminal Court yesterday ordered the arrest of Moammar Gadhafi on charges that he murdered Libyan civilians who rose up against him.

The warrants from The Hague name Gadhafi, his son Seif al-Islam Gadhafi and his intelligence chief, Abdullah al-Sanoussi, and they turn the three men into internationally wanted suspects. The warrants will be sent to Libya, where Gadhafi remains defiantly entrenched.

THE ASSOCIATED PRESS

It's Gaza or bust: Activists

ATHENS. Organizers of a flotilla to challenge Israel's sea blockade of the Gaza Strip say they'll sail any day now. Several hundred activists plan to board 10 boats carrying medicine and other aid for a journey across the Mediterranean to Gaza. Israel's military has warned it will thwart any attempt to breach the blockade.

THE ASSOCIATED PRESS

Khmer Rouge trial begins

PHNOM PENH. Four members of the Khmer Rouge went on trial yesterday for war crimes. A UN-backed tribunal aims to find justice for the 1.7 million people who died in Cambodia's "killing fields" of the 1970s. The four, now in their 70s and 80s, say they are innocent.

THE ASSOCIATED PRESS

Baird meets Libyan rebels

► Foreign affairs minister 'very impressed' by their capabilities on fact-finding mission to Benghazi

HASSAN AMMAR/THE ASSOCIATED PRESS



► Foreign Affairs Minister John Baird, centre, arrives at Benina airport in Benghazi, Libya, yesterday.

Libyan rebel council members preparing to take power once the country's dictator, Moammar Gadhafi, is ousted have a strong dedication to democracy, but no one should expect that transition to take place overnight, Foreign Affairs Minister John Baird said yesterday.

"I was frankly surprised — pleasantly" by the capabilities of the rebel council members, Baird said after meeting secretly with the rebels and delivering trauma kits to help their cause. "I was very impressed with them."

But, he added, "I don't think we're going to move from Gadhafi to Thomas Jefferson." The post-Gadhafi regime, he cautioned, "won't be perfect."

Baird arrived yesterday

in Benghazi, well away from the front lines and now considered safe from Gadhafi forces. With him were a security detail, ministerial staff and the Canadian ambassador to Libya, Sandra McCardell.

Met by council officials, he spent half a day in the rebel-held city, travelling by motorcade past walls plastered with anti-Gadhafi graffiti. He met for 30 minutes with the coalition leader, Mahmoud Jibril, fol-

lowed by a meeting with council board members.

"I was incredibly, incredibly moved by the courage and determination," Baird said. "It is a remarkable accomplishment."

THE CANADIAN PRESS

Due diligence

► This is John Baird's first major junket as foreign minister, aside from a jaunt to the G8 summit in France last month.

► It comes as a stalemate between Libyan dissidents and Gadhafi forces has prompted questions about the efficacy of the NATO-led bombing campaign.

► "It was important to me to come here and get the facts for myself," Baird said. "We are doing our due diligence because that is what Canadians expect and the Libyan people require."

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Tennis. Treat



► Britain's Duke and Duchess of Cambridge watch a match on centre court at the All England Lawn Tennis Championships at Wimbledon yesterday.

KIRSTY WIGGLESWORTH/THE ASSOCIATED PRESS

Prepping for royal protest

A fringe Quebec pro-independence group is hiring dozens of burly security guards to ensure a protest planned for Prince William and Kate's upcoming visit to Quebec City doesn't get out of control.

Jury convicts Blagojevich

► Found guilty on 17 of 20 counts ► Faces up to 300 years in prison
► Federal sentencing guidelines will significantly reduce time

Rod Blagojevich, who rode his talkative everyman image to two terms as Illinois governor before a scandal made him a national punch line, was convicted yesterday of a wide range of corruption charges, including the incendiary allegation that he tried to sell or trade President Barack Obama's Senate seat.

The verdict was a bitter defeat for Blagojevich, who

had spent two and a half years professing his innocence on reality TV shows and later on the witness stand. His defence team had insisted that hours of FBI wiretap recordings were just the ramblings of a politician who liked to think out loud.

The decision capped a long-running spectacle in which Blagojevich became famous for blurting on a

recorded phone call that his ability to appoint Obama's successor to the Senate was "f—ing golden" and that he wouldn't let it go "for f—ing nothing."

Blagojevich, who has been free on bond since shortly after his arrest, becomes the second straight Illinois governor convicted of corruption. His predecessor, George Ryan, is now serving six and a half

M. SPENCER GREEN/THE ASSOCIATED PRESS



► Blagojevich

years in federal prison.
THE ASSOCIATED PRESS



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Market moment

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Dollar

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(101.35¢ US)

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- 55¢
(\$90.91 US)Natural gas
1,000 cu ft
\$4.256
(+ 2.7¢)Gold contract
\$1,496.40
(- \$4.50)

PRICES AS OF 5 PM YESTERDAY

Lower gas prices won't last: Expert

The pump-price relief that Canadians are experiencing is likely to be short-lived because a recent move to release 60 million barrels of crude into the

global market is expected to backfire, an energy consultant said yesterday.

The International Energy Agency said Thursday it would sell the crude in response to supply disruptions in Libya. But Roger McKnight, of En-Pro International in Oshawa, Ont., said the move is political, aiming to lower fuel costs for summer driving season but having no lasting effect. **THE CANADIAN PRESS**

HMV to get cash infusion

► Company hopes more product categories and revamped stores will boost flagging sales

The new owner of 121 HMV stores in Canada has agreed to invest up to \$25 million to fund the evolution of the music, video and game retailer as it adjusts to the digital world.

Paul McGowan, chief executive of Hilco UK, said yesterday that HMV Canada's management team has a plan to maintain sales of CDs, DVDs and Blu-rays at its stores, though he didn't go into details.

"The new product categories it is introducing to the business will help sustain sales levels during the transition of entertainment sales into the digital realm," he said.

HMV has been reworking many of its Canadian stores to focus on a broader selection of music- and film-related products, including T-shirts, head-

Download spiral

► HMV has been struggling to overcome the downturn in sales of CDs, tapes and DVDs as people turn to digital forms of music, video and text.

phones and electronics, in an effort to curb declining revenues as disc sales weaken and more shoppers opt to download content.

The company said it would disclose its next steps within weeks.

Hilco UK, a specialist in restructuring retail businesses, paid the equivalent of \$3.2 million to British retailer HMV Group PLC to buy the Canadian stores.

Hilco is expected to dig deep into HMV's operations to figure out where corners can be cut. **THE CANADIAN PRESS**

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► Emily van der Wall of Sotheby's wine department holds an imperial — equal to eight bottles — of Chateau Petrus 2000 at Sotheby's London yesterday. The imperial is expected to fetch up to \$41,000 at auction on July 6.

AKIRA SUEMORI/THE ASSOCIATED PRESS

Something for the cellar

*2011 Tundra 4x2 Reg Cab/2011 Camry LE/2011 Corolla CE lease based on a 60 month walk away lease and lease rate of 4.9%/2.9%/3.4% (Model LYSF1T-A/BF3ELT-A/BU42EM-A). First payment is due on delivery. Total lease obligation of \$22,500/\$19,715/\$11,160 with \$0 down. Purchase option price of \$8,382/\$9,112/\$5,717 based on 120,000kms. Lease includes a maximum of \$1,560/\$1,490/\$1,390 for freight and P.D.E. **0.9%/0% financing based on 36 months. ***Up to \$4,000 cash incentive on 2011 Tundra 4x4 models with cash purchase. Up to \$3,500 cash incentive on select 2011 Camry models with cash purchase. Up to \$2,000 cash incentive on select 2011 Corolla models with cash purchase. Offers valid on retail delivery of select new unregistered 2011 Toyota vehicles when purchased/leased, registered and delivered between June 1, 2011 and June 30, 2011. Individual dealer may sell/lease for less. Vehicles may not be exactly as shown. Offers valid until June 30, 2011. Offers subject to change/cancellation without notice. See your participating Toyota Dealer for details.

BARING THE TRUTH ABOUT LINGERIE

SHE SAYS ...

JESSICA NAPIER
METRO



of briefs with elastic that gave up three weeks ago. Strangely, they expect their female bedmates to put a little more effort into their costume choices.

This is what keeps Victoria's Secret in business.

The bright pink lingerie mecca is an exhilarating place to be. Undergarments are mounted in displays with their own built-in lighting. Walls are lined with fragrances that have ambiguously sexy names like Fantasies, Attractions and Bombshell and all smell exactly the same. There are 11 different styles of underwear. ELEVEN.

After roaming the cavernous rooms of bras and body lotions, you enter a boudoir-like dressing room that will

make you feel like you're preparing to go on stage at the Moulin Rouge. Inside the dimly lit cubicle you will struggle into a corset-style contraption that actually makes you look amazing. With lace, ribbons and plenty of boning, it's possible to convince yourself that you, too, are worthy of a pair of angel wings.

Before you know it, you're intoxicated on the scent of Very Sexy Summer and you have dropped \$200 on an embroidered baby doll and two containers of

mango temptation body butter.

For the next 30 minutes you are the sexiest woman in the world. You ooze sensuality as you strut through the mall; nothing could kill your buzz. Until you get home.

Back in the harsh reality of your well-lit apartment you begin to think that maybe you don't actually look that fantastic squeezed inside this torture device masquerading as underwear. All of a sudden those feathers don't make you look fun and flirty; they make you look like a slutty Muppet.

Worst of all is the realization that nothing in your wardrobe is capable of concealing this getup. You would need to wear a burlap potato sack in order to hide the awkward lines and protruding ruffles attached to the apparatus that is now trying to suffocate you.

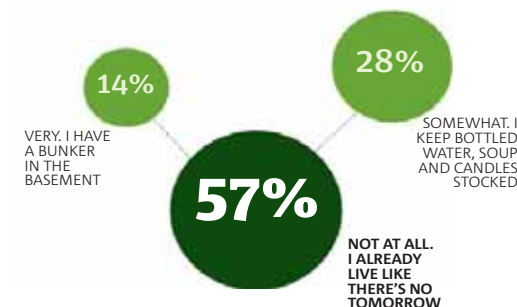
Since real life doesn't permit "let me slip into something more comfortable" opportunities, you will ultimately decide to ditch your fancy lingerie in favour of a practical tummy-trimming spandex number with a decidedly un-sexy name like Spanx. This, of course, will lead to the eventual Bridget Jones moment you have been dreading, where you are discovered to be the sensible, high-waist, control-top woman that you have been trying to hide all along.

Read more of Jessica Napier's columns at metronews.ca/shesays



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and take the quick poll

How prepared are you for a natural disaster?



Worth mentioning

OTTAWA. Canadians are a talented bunch with a lot of bright ideas — but we struggle to cash in on those ideas. That's the conclusion of a new report by an advisory body to the federal government on science and technology matters.

The Science, Technology and Innovation Council's report, to be released today in Ottawa, found Canadian businesses don't spend nearly as much on research and development (R&D) as other countries.

And that could affect Canada's ability to turn ideas into products and services that can be sold globally.

"An excellent talent pool and increased efforts by government, higher education and some industries are not preventing stagnation in Canada's overall innovation performance," the report says.

"Despite an overall economic performance the past two years that has exceeded that of its major trading partners, the current level of effort by all performing sectors has not been sufficient to bring Canada's expenditures in R&D to the G7 average."

THE CANADIAN PRESS

Cartoon by Michael de Adder



WEIRD NEWS

Iran ready to monkey around in space

Iran says it plans to send a monkey into space next month as the next step in a space program that Western leaders worry could also bring major advances in Iran's missile arsenal.

The state-run news agency IRNA quotes the head of Iran's space agency yesterday as say-



ing that five monkeys are undergoing tests and one will be selected for the flight on a Kavoshgar-5 — or Explorer-5 — rocket.

Last year, Iran announced it had launched a rocket carrying a mouse, turtle and worms into space.

The U.S. and allies are concerned the technology in the space program could also be used to develop long-range missiles with possible nuclear warheads.

Iran denies it seeks nuclear arms and says it wants only energy-producing reactors.

THE ASSOCIATED PRESS



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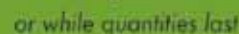
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TUESDAY, JUNE 28, 2011



Back in the writer's seat

► Nia Vardalos teams up with Tom Hanks (again) to write Larry Crowne ► She dishes to Metro on working with Hanks, her latest project and heading to Winnipeg this summer



NED EHRBAR
SCENE@METRONEWS.CA

Actress, writer and director Nia Vardalos admits that she actually loathes writing — except when it's for Tom Hanks, who's been a close friend and colleague since he produced her first film, *My Big Fat Greek Wedding*.

The pair teamed up for the script of Hanks' latest, *Larry Crowne*, so hopefully that writing experience wasn't too terrible. Metro caught up with the Winnipeg native to talk about working with Hanks, heading home this summer and the legacy of her breakthrough film.

How is Tom as a boss?

Well, besides the alcoholic blackouts, he's awesome (laughs). Clearly, you see him. He's one of the most gregarious, fun-loving, well-read, interesting people I've ever met — who happens to be married to my fantastic friend, Rita Wilson. They're just a stellar, shining example of people who have maintained their civility and humanity in a cesspool of an industry. And I just love them both.

What makes the three of you click so well?

We're all dorks, and we like to laugh at ourselves and each other.

It's been almost 10 years since *My Big Fat Greek Wedding*.

Isn't it hilarious? Just today

in Times Square, a gaggle of beautifully black-haired Japanese girls screamed when then saw me. They were all going for their cameras, and this one girl kept bowing and saying, "I am Toulala! I am Toulala!" That makes me cry. That's a really cool feeling.

How have you dealt with the pressure of having such a big hit right out of the gate?

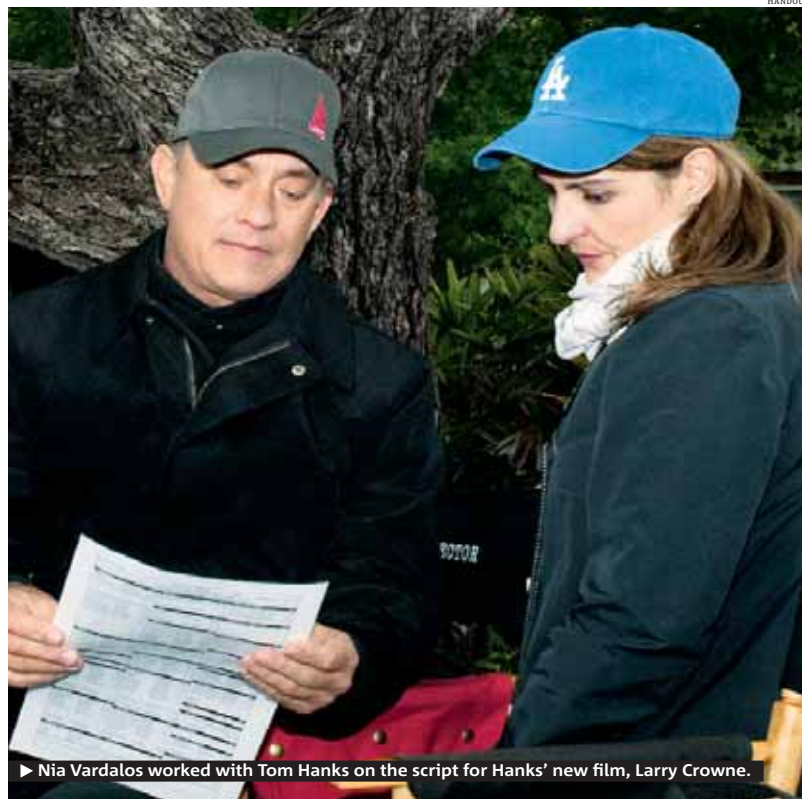
Some people ask me that, but I just don't feel it. I don't think of things that way. I'm such an optimist, I feel no pressure whatsoever. I don't look at anything in terms of monetary success because that's rather gauche.

I just kind of look at it as that movie opened so many doors for me. I met fantastic people, I had dinner with the Queen of England and I met Elton John, and these are not things that I ever aspired to. I never even dared to hope that they would happen. So I don't think of anything as a pressure. It's just, "What's next?"

You're going home to Winnipeg soon to film an *American Girl* movie.

Yeah, I'm really excited. I'm giddy about getting the chance to go back to Winnipeg and spend some time with my family, but also that I got offered a role that I didn't write. I think I Tweeted out that it's another sign of the rapture.

What are you looking



► Nia Vardalos worked with Tom Hanks on the script for Hanks' new film, *Larry Crowne*.

forward to most about going back?

I'm looking forward to hanging around with family, and my daughter having time with grandparents and cousins.

And also I'm actually a huge fan of the *American Girl* series because they promote girl power without being anti-boy, and I

like that. I don't believe in an us-or-them mentality. Even with *Bridesmaids* making such a huge splash, I didn't see it like, "Yeah! One for the women!" That is, I feel, pandering to us. We know we're funny. It's one for comedy. I just love that entire movie, and that's how I feel about *American Girl*

— not the same, G versus R. But, it's about empowerment and about being your best you without it being at the expense of another of the other gender.

An R-rated *American Girl* movie would be very interesting, though.

You're right, you're right. We should write that.

Flood relief



Hollywood actor and Minot, North Dakota native Josh Duhamel has been named honorary chairman of a fund set up for the city's flood recovery. The fund will help Minot and the surrounding area with grants for construction materials, mortgage help, household items and other needs.

THE ASSOCIATED PRESS



Recession-wary performers turn Las Vegas Strip into parade of characters.



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More than just Friends

► Jennifer Aniston makes it clear she is smitten with new boyfriend ► Says she is 'extremely happy'

Jennifer Aniston enjoying time with new boyfriend Justin Theroux — and is even willing to talk about it.

When asked during a Good Morning America interview if she's happy in her personal life right now, the former Friends star responded, "Yes, I'm very happy. I'm extremely lucky, and I'm extremely happy."

Aniston even brought Theroux along for her Inside the Actors Studio taping, according to People magazine.



► Jennifer Aniston

"Whenever there would be a lull, she would just look at him and give him a wink and go back to what she was doing," an audience member tells the magazine.

● METRO

Pippa rumours have Harry laughing

Prince Harry is clearing up any confusion about his

personal life. "I am not seeing anyone at the moment. I'm 100 per cent single. I'm working a lot at the moment, so dating and watching TV are the last things I have time for," he says, according to the Daily Mail. As for specific rumors about Harry and Pippa Middleton? "Pipzpa? Ha! No," he says. ● METRO



► Prince Harry



► Shia LaBeouf

Shia is Pho in love

Five months after meeting at an L.A. karaoke club, Shia LaBeouf says he and stylist girlfriend Karolyn Pho are still going strong — and Pho is even helping broaden his palate. "[Karolyn's] having me try

different things. I was scared of fish, 'cause of my upbringing, being Jewish. Gefilte can ruin your entire seafood life," LaBeouf tells the Los Angeles Times.

● METRO

Celebrity tweets



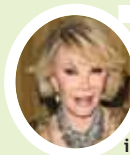
"Sorry I'm on vacation! I'll tweet more when I'm back!"



@EvaLongoria

@BruckheimerJB

"Some of my dogs have been walking around the office wearing cone collars lately - thankfully, they're getting better now"



@joan_rivers

"Poor Lindsay Lohan spends so much time in front of judges, her latest driver's license picture was done by a courtroom sketch artist."



@joelmchale

"Boston... Every eatery claims 'Award Winning Chowder'. Either there's way too many chowder contests or 'award' is now part of the title."

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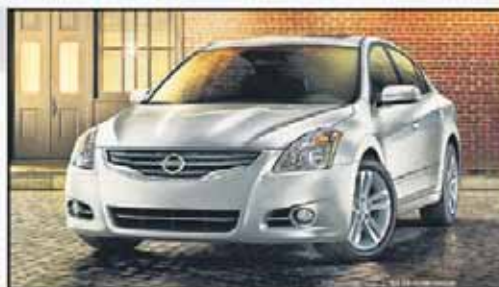
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► A new study shows that low vitamin D levels can lead to higher MS susceptibility.

MS linked to low sun

► New study lends credibility to the theory that vitamin D a modifiable factor in disease risk ► Experts speculate it leads to abnormal response

CELIA MILNE
LIFE@METRONWS.CA

It's a wicked combination that puts people at risk for multiple sclerosis: Low levels of sunlight plus "kissing disease."

Researchers at the University of Oxford in the U.K. have found that people who live far from the equator (in countries like Canada) and have had mononucleosis are at much greater risk for developing MS.

"It is an important finding because it adds weight

to the possibility that vitamin D can be considered a modifiable factor when it comes to increased MS risk," says Karen Lee, a scientist and assistant vice president of the MS Society of Canada.

Researchers in England studied records for Britain's National Health Service over seven years; they identified 56,681 cases of MS and 14,621 cases of mono. They also studied NASA data on sun intensity over the country. They found that the effects of sun exposure plus mono together explained 72 per

"This study adds to increasing evidence implicating low vitamin D exposure to higher MS susceptibility."

DR. KAREN LEE

cent of variance in the occurrence of MS across the U.K.

They speculated that not having enough vitamin D in your body leads to an abnormal response to the very common Epstein-Barr virus, the virus

that causes mono.

Perhaps vaccines for the Epstein-Barr virus, as well as widespread use of vitamin D supplements, could lead to fewer cases of MS, they reported.

"This study adds to increasing evidence implicating low vitamin D exposure to higher MS susceptibility," says Lee. "Additionally, it directly links two well-known suspects in MS susceptibility — vitamin D and the Epstein Barr virus."

The U.K. study was published in the prestigious journal *Neurology*.

Vitamins

How much vitamin D do you need?

► **The more sunlight than better** Because Canada has relatively low levels of sunlight, make sure you get enough vitamin D. "There is a growing body of evidence that vitamin D can help prevent MS and other diseases," says Karen Lee, a scientist and assistant vice president of the MS Society of Canada. Health Canada recommends 600 IU of vitamin D through daily food intake and up to 4000 IU through supplementation.

● CELIA MILNE



Yoga pose. Tree Pose/Vrksasana

Stretching it out

What you do

- 1 Stand in tadasana, feet hip distance apart and parallel arms to the side.
- 2 Shift your weight lightly onto the left foot keeping the inner foot firm to the floor and bend your right knee.
- 3 Reach down with your right hand and clasp your right ankle

- 4 Draw your right foot up and place the sole against the inner left thigh. If you can, press the right heel into the inner left groin, toes pointing to the floor.

- 5 Reset your hands on the top rim of your pelvis, making sure the pelvis is in neutral with the top rim parallel to the floor.

- 6 Lengthen your tailbone toward the floor and firmly press the right foot sole against the inner thigh resisting with the outer left leg. Press your hands together in anjali mudra (prayer) for 30 seconds to 1 minute. Step back to tadasana with an exhalation and repeat on the opposite leg.

STEPHANIE KNUTSSON, BODYISM YOGA INSTRUCTOR

3

life

Fitness pick

Rodial's Arm Sculpt

A busy schedule means you would rather tuck your flagging upper arms (you're convinced they have challenged gravity to a tug-o-war; gravity's winning) under jumpers than spend 30 minutes toning up with downward dog and press up repetitions. Come July, this tactic isn't going to work unless you want to look like a sweaty Michelin Man. Applying Rodial's arm sculpt cream twice daily may help you get Michelle O's toned upper arms in four weeks. The citrus smelling formula contains fruit acids to retexture and smooth bumpy skin tone whilst the caffeine and co-enzyme A help tighten.

● METRO



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Aging baby boomers eating up physician resources with chronic illnesses: survey

Get your beach body ready now

► The guys at Bodyism Clinic are responsible for the strong, lean body of Transformers 3 actress and star Rosie Huntington Whiteley ► Co-owner James Duigan tells us how to get ready for the dreaded flesh baring season



**ROMINA
McGUINNESS**
LIFE@METRONWS.CA
METRO WORLD NEWS IN LONDON

It's summer! But hear us out before you commit to some crazy juice fast and jog around your block 50 times to get into your teeny tiny bikini (or trunks).

James Duigan's book, "Clean and Lean: Flat Tummy Fast!" aims to get you toned and washboarded in just 14 days and before you gasp, yes it's possible.

"There are three crucial elements to change; nutrition, movement and mindset," says the co-owner of Bodyism.

Nutrition and mindset: eat 'clean'
"All transformation happens in the mind. The rest

is details," says Duigan.

He believes that a body can only be lean if it's clean.

"So many people have a toxic relationship with food that stops them from being clean."

The body stores toxins in its fat cells so if your diet is toxic, yes you will eventually lose fat, but slowly, as these will have no where to go but right back in your system, making you to feel tired and low in energy. Ironically, some diets make us more toxic, and weight loss becomes a struggle. Duigan swears by "clean," toxin free foods that are natural and unprocessed devoid of chemicals to lose the weight and keep it off.

"Sugar is the number one culprit for getting out



"Sugar is a fattening toxin that causes wrinkles and adds a layer of flesh to your tummy."

JAMES DUIGAN



Clean eating

Choose foods that:

- Have no fake flavouring.
- Don't last for months in the cupboard but go off relatively fast as they contain no preservatives.
- Have no more than five or six ingredients.
- Are close to their natural state: an apple looks the same as hanging off the tree but fries look nothing like a potato.
- Contain no ingredients you can't pronounce or recognize.

of shape," says Duigan who refers to it as a "nuclear fat bomb" exploding all over your body. It converts to fat quicker than

fat itself as sugary foods raise insulin levels, triggering fat storage. He also points out that sugar speeds up the breakdown of collagen, a protein found in the connective tissue of the skin that helps keeps it plump and firm, excessive consumption causing the skin to sag and wrinkle prematurely.

This takes us to cravings, as Duigan describes sugar as being both physically and emotionally addictive. Physically, we get an instant energy buzz from eating it (it has the same effect on the brain as pain killing drug morphine) and emotionally, we associate eating it with some sort of "reward."

Duigan wants you to live by a new mantra.

"Sugar is a fattening toxin that causes wrinkles, makes you feel tired and malnourished and adds a layer of flesh to your tummy."

Cut out the C.R.A.P.

Caffeine: OK in small doses. For coffee, more than two cups a day is excessive and for green tea, have no more than six cups a day.

Refined sugars: These are no-nos: fruit juice, white bread, cakes and anything ending in 'ose' (fructose, glucose, sucrose)

Alcohol: It's full of sugar and stimulates the production of the hormone oestrogen in the bloodstream that promotes fat storage.

Processed Foods: These break all the rules as they have been stripped of their natural goodness.

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Walnut Ice Cream Bonbons



Preparation:

- 1 Scoop 12 small round balls of ice cream with a melon baller and insert lollipop stick into centre. Freeze for at least 30 minutes.
- 2 Meanwhile, in bowl, combine walnuts, maple syrup, sugar and cinnamon, stirring well to coat.
- 3 Pour mix onto parchment-lined baking sheet, spreading into one layer. Bake in a 200 C (400 F) oven for 10 mins, stirring once in between, until light golden. Let cool.
- 4 Melt chocolate wafers in microwave on high for three 30-second increments, stirring in between. Dip one ice-cream lollipop into chocolate, gently shaking off excess and quickly roll bottom into walnut mixture. Return to freezer until ready to serve. Repeat steps with remaining bonbons.

THE CANADIAN PRESS/
CALIFORNIA WALNUTS

Ingredients:

- 500 ml (2 cups) ice cream
- 12 lollipop sticks
- 250 ml (1 cup) walnut pieces, coarsely chopped
- 45 ml (3 tbsp) maple syrup
- 15 ml (1 tbsp) dark brown sugar
- 5 ml (1 tsp) cinnamon
- 375 ml (1 1/2 cups) dark chocolate melting wafers

Where the fish is fantastic

► The fresh seafood and friendly atmosphere at Freddie's doesn't disappoint



► Lobster roll and Caesar salad

LUNCH RUSH

VALERIE MANSOUR
FOOD@METRONWS.CA



I ate at Freddie's years ago and now I return hoping it still offers fantastic

lobster rolls.

I'm not disappointed. My lobster roll (\$13.95), on a fresh, soft bun, is generously stuffed with chunks of delicious lobster on lettuce. There's none of the usual celery and mayo and just a bit of a tart sauce.

I enjoy it with a Caesar salad — very simple with lettuce and bacon bits.

My pal orders Fish and Chips (\$6.99 for one piece, \$8.99 two and \$11.99 three).

The lightly-battered fish

is well browned and a bit greasy, but it is fresh and flaky.

The huge pile of home-cut fries is steaming hot.

Freddie's is a busy, friendly little place where most customers know the staff by name.

Folks working and shopping nearby come in for takeout, to dine at the window counter or perhaps, one hot summer's day, at a table outside.

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TO ENTER

7 drawbacks of working at home

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA



I've worked at home for more than 25 years and almost everyone I know who doesn't, envies me.

There are workplace benefits galore: short commute, no wardrobe issues, few distractions, no time clock and excellent coffee.

But it's not Shangri-La. So as a public service to

Make working from home effective with a strict schedule and a Do Not Disturb sign.

-ALISON'S MONEY RULE

all you work-at-home wannabes, here is a list of drawbacks.

1. The if-you're-at-home-you-can't-be-working effect

This can range from unexpected and unwanted drop-ins during prime work hours to family calling for a lengthy chinwag.

2. No water cooler!

It can get lonely with no coworkers for time-wasting chats.

I've found myself trying to keep delivery people hanging around for company.

3. No work, no pay.

Sure you can take a break or vacation any time you want, but when you're not working you don't get paid.

Most self-employed people I know rarely take



holidays. And sick days? Forget about it!

4. The office is always open.

Nights and weekends are fair game because the office is right there.

Even on a Sunday morning an unfinished job seems to find you and push the guilt button.

And employers know you're there so they don't hesitate to call outside normal office hours.

5. Hey! I'm working here!

Guests never seem to get it that you have a job to do when you're in the office. Recently I had a visitor who loudly sang off key while I tried to

Homebodies

- ▶ Nearly 12 per cent of all paid employees in Canada work at home.
- ▶ Twenty-five per cent work at home because it is a job requirement.
- ▶ Twenty-three per cent work at home because they prefer the working conditions.

work to a deadline.

6. Too many bosses!

Everyone you do business with is a potential boss. Juggling them all is often a challenge.

7. The kids hate it.

When mine were in the tween and teen years they yearned to be latchkey kids. How can you get into after school trouble if Mom is always there when you get off the school bus?

POPQUIZ

I keep reading news about a slowdown in the US economy – should I sell my investments?

A: Money in America? Is that an oxymoron?

B: You should invest! You can't get the ups without going through the downs.

FIND TIPS & TRICKS

in Allan Small's Investment Perspectives Column: *Negative news provides a drag on the market.*

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metro

Avoid 'staged' car accidents head on

- ▶ Dangerous problem is big business in the U.S.
- ▶ Now prevalent in Canada, especially in large cities

Canada has a new multi-billion-dollar industry, but it's doing more harm than good. It's called auto insurance fraud and it's caused by deliberate or staged accidents.

The Insurance Bureau of Canada estimates that insurance fraud, which includes staged car accidents and the subsequent filing of false insurance claims, is costing policyholders and insurance companies billions.



Here are tips to help you avoid a fraudulent accident.

1. Leave significant space between you and the vehi-

cle ahead in case they brake suddenly.

2. Be wary if someone waves you in to merge or change lanes as they may be setting you up for a collision.

3. Exercise extra caution when making a left-hand turn because the oncoming car, which may seem far away, could deliberately accelerate and hit you.

4. Pay attention when you are driving, as the fraudsters deliberately target distracted drivers — for example, a driver talking on a cellphone.

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THE SPIRIT IS ALIVE

There will be dancers from across North America performing at Mawio'mi.

CELEBRATING MI'KMAQ CULTURE

The Halifax Commons will be brimming with Mi'kmaq culture this weekend. Just like last year's Grand Chief Membertou 400, Mawio'mi 2011 will enlighten and entertain people of all ages.

"People can pretty much expect everything they saw last year," says spokesperson Moira MacLeod. "There will be interactive demonstrations by Mi'kmaq artists and artisans and people will also have the opportunity to witness the competitive drum and dance competitions with performers from across

North America. The PowWow participants put on an incredible display."

Last year's event was intended to be a one-time event, but because of its success, Mawio'mi 2011 was born.

"We had so many requests from people saying, 'You have to bring this back,'" says MacLeod.

The event certainly was a hit. It drew 80,000 people to the Commons and was the largest urban celebration of First Nation's culture east of Montreal. It was even recognized by the Tourism Industry Association of Canada as one of three finalists for Tourism Event of the Year. This was a significant achievement in its own right, but as a first-time event, this made it especially remarkable.

One of the things people raved about were the spectacular visuals, which included the brightly lit-up teepees at night, done in neon colours such as blues, greens, pinks and reds.

"It really made for an incredibly beautiful sight," says MacLeod, noting they will be lit

again this year.

She would like to remind everyone that like last year, it is a free family event.

"It's for everybody from three to 80, and beyond," says MacLeod.

This year's event is a three-day celebration, beginning Friday and running through Sunday. A full listing of events and the schedule can be found at the celebration's website, halifaxpowwow.com.

While there is no shortage of exciting events to take part in, some of the highlights include a herbal medicine tour, where a workshop will talk about the traditional herbal medicines. After the workshop, participants will go to Point Pleasant Park where they will be shown the various herbs the

Mi'kmaq used.

On Thursday, the night before Mawio'mi 2011 kicks off, there will be a special fundraising dinner where a five-course traditional Mi'kmaq dinner will be made by noted chef – and First Nations person – Ray Bear. Only 90 tickets will be sold for the dinner and it will be hosted inside a tepee.

"It is going to be a once in a lifetime experience," says MacLeod.

EXPLORING MI'KMAQ LIFE

One of the marquee attractions at Mawio'mi 2011 will be the cultural village, which will provide visitors with the opportunity to experience traditional Mi'kmaq culture through different events and demonstrations.

These demonstrations include storytelling, which is an important part of Mi'kmaq culture. A storyteller will share many of the stories that have been passed down through the Mi'kmaq's oral history. These stories include important lessons regarding cultural teachings, tribal history and ceremony protocol.

Basket making, a traditional Mi'kmaq art form dating back thousands of years, will also be on display.

A full listing of events can be found at halifaxpowwow.com.



4
sports

Quoted



"Tremendous size and athletic ability. He hasn't had a great deal of coaching, but he's a player we can work with. A raw talent."

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Taylor joins Team Canada football

Saint Mary's Huskies star Jahmeek Taylor is going to get a chance to take his talent to the world stage.

Taylor, the reigning Atlantic University Sport football MVP, has been named to Team Canada for the International Federation of American Football senior world championship following a training camp in London, Ont.

Forty-five players are being selected from the 50-man camp and will compete at the worlds in Austria from July 8-16.

"He's kind of our go-to guy right now in terms of our receivers," said Huskies head coach Steve Sumarah, who is an assistant for Team Canada. "He's really playing very well. He's really impressed the coaches

with not only his attitude but his ability."

Taylor's highlight-reel ability as a slotback/returner helped him pile up 1,439 all-purpose yards and seven touchdowns in eight games last season.

Former Huskies defensive back Joel Lipinski is also on Canada's roster after two seasons in the CFL.

● MATTHEW WUEST



▶ Jahmeek Taylor

Travelling abroad

The IFAF senior world championship has been held every four years since 1999.

- ▶ Canada will be joined by the United States, Australia, Germany, France, Mexico, Japan and host Austria.
- ▶ Canada's roster features many U.S. and Canadian college players and several former CFLers.

Huskies lose starting QB



▶ Micah Brown's days with the Saint Mary's Huskies are over.

▶ MacKenzie Blewett anointed No. 1 man — for now ▶ High school hotshot Jesse Mills also in the mix



MATTHEW
WUEST
@METRONEWS.CA

It's a good thing the Saint Mary's Huskies were preparing for the worst with Micah Brown. The worst has come to pass.

The Huskies officially learned their starting quarterback's Canadian Interuniversity Sport football career is over due to the new "five-in-seven" rule instituted prior to Brown's first season at Saint Mary's in 2010.

The Huskies fought hard over the past seven months to keep Brown in the fold, arguing with the CIS he should be grandfathered under the old rules because he briefly attended York University in 2009.

The CIS ruling, delivered last Friday, leaves them without the pivot who started their final seven games. Brown, from Tampa, Fla., threw for 1,282 yards and five touchdowns

and led the Huskies to the national semifinals.

"Micah earned the job last year and, no question, it is a loss," said Huskies head coach Steve Sumarah.

In the off-season, the Huskies recruited Citadel Phoenix star Jesse Mills; brought in Jean Legault from Champlain College in Lennoxville, Que.; and patched things up with disgruntled former Huskies starter Jack Creighton.

MacKenzie Blewett, meanwhile, returns for a third season.

"MacKenzie's our No. 1 guy going into camp and it's up to everyone else to raise their game and take the job," Sumarah said.

Sumarah doesn't want to rush Mills, but also didn't rule out the possibility of him earning the job.

"He's the future of this program, there's no question about it, and if he's ready to go in and play and be a starting guy, he will," Sumarah said.

Herd has import spots filled ahead of draft

There won't be much excitement for the Halifax Mooseheads when the Canadian Hockey League import draft is held tomorrow.

The Mooseheads have already filled their quota for imports with Czech right-

winger Martin Frk and defenceman Konrad Abeltshauser, and traded away their 11th-overall import pick to the Quebec Remparts three weeks ago to acquire winger Alexandre Grenier.

About the only thing the

Mooseheads could do is trade their second rounder — 71st overall — but so far there are no takers.

The Mooseheads took Frk third overall last season. He finished fourth in QMJHL rookie scoring last season. ● MATTHEW WUEST

BASEBALL

Moose Dry CF sets steals mark

The seven stolen bases posted last week by Dartmouth Moosehead Dry centre-fielder Chris Head stand as a Nova Scotia Senior Baseball League single-game record. Head beat the



previous best of six, set by Beau Chiasson of the Sydney Sooners. The first-place

Dry, 8-1, visit the second-place Halifax Pelham Molson Canadians, 6-4, tonight at 7:30 at Mainland Common

● METRO

Wimbledon. Big names bounced



► Venus Williams returns a shot to Tsvetana Pironkova yesterday.

THE ASSOCIATED PRESS

Williams sisters exit Wimbledon, as does Wozniacki

Venus and Serena Williams were both eliminated in the fourth round of Wimbledon yesterday, the first time in five years that neither sister will play in the quarter-finals at the All England Club.

Also knocked out was top-seeded Caroline Wozniacki, who fell 1-6, 7-6 (5), 7-5 to No. 24 Dominika Cibulkova.

Six-time men's champion Roger Federer survived a scare, dropping his first set of the tournament before coming back to down Mikhail Youzhny 6-7 (5), 6-3, 6-3, 6-3 to reach his 29th successive Grand Slam quarter-final.

Crosby, Malkin on the mend

Penguins star centre Evgeni Malkin "probably is already ready to go" for the start of next season following recovery from torn ligaments in his right knee, Pittsburgh coach Dan Bylsma said yesterday.

He also said Sidney Crosby has been cleared by doctors for off-ice workouts.

The Cole Harbour native did not play after taking hits to the head in games on Jan. 1 and 5. After a European vacation with teammates in May, he was examined in Pittsburgh before retreating to Nova Scotia for the summer.

"The doctors here cleared him to go home and work out as he normally would be working out," Bylsma said. "He's been working out two times a day and progressing along his normal road of normal summer activity."

THE ASSOCIATED PRESS

Sinclair a reluctant hero

► Canadian soccer captain tries to avoid spotlight after playing through broken nose to score against Germany ► She may wear face mask on Thursday when Canada returns to field

Christine Sinclair played the role of reluctant hero yesterday.

The Canadian soccer captain made headlines Sunday for bending in a free kick for a highlight-reel goal despite breaking her nose in a 2-1 loss to Germany at the FIFA Women's World Cup.

Within hours of the game, Sinclair was trending on Twitter, and still was a full 24 hours later.

"When I woke up for breakfast this morning,

(teammate Robin Gayle) said, 'You can scrap it off your bucket list, you trended last night.' I said, 'I don't even know what that means,'" Sinclair said with a laugh.

But while the 28-year-old from Burnaby, B.C., might have been big news Sunday night, she wanted little to do with the spotlight the next day — especially if there were cameras involved. She met with a small group of reporters in a hotel lobby,

but paused when she walked off the elevator and spotted a camera.

"There is nothing good about this," Sinclair said, pointing to her nose and frowning.

Sinclair had her nose broken by a hard elbow from Germany's Babett Peter, but stayed in the game — against the wishes of the team's medical staff.

She had her nose reset in a Berlin hospital, and spent yesterday morning being fitted for a protec-

"It was painful, but there was so much adrenalin."

CHRISTINE SINCLAIR

tive face mask. She isn't thrilled with the thought of actually wearing it Thursday when the sixth-ranked Canadians face No. 7 France in a game Canada can't afford to lose.

"I'm going to try to convince (the medical staff) to not make me wear it," Sinclair said. "I've heard it's not fun to wear. Your vi-

sion is limited."

The mask is similar to the one worn by Italian soccer star Marco Materazzi or Detroit Pistons guard Richard Hamilton.

For now, she has a flesh-coloured hard brace protecting her nose.

Sinclair shrugged off talk of being a big deal back home.

"No, I have no idea, it's been a hectic day," she said. "I haven't even called my parents yet."

THE CANADIAN PRESS

Dodgers file for bankruptcy protection

One of baseball's proudest franchises is in tatters, its future to be decided not on the field but in the courtroom.

The Los Angeles Dodgers filed for bankruptcy protection in a Delaware court yesterday, blaming Major League

Baseball for refusing to approve a multibillion-dollar TV deal that owner Frank McCourt was counting on to keep the troubled franchise afloat.

McCourt, upset that baseball commissioner Bud Selig rejected the proposed TV deal last week,

hopes a federal judge will approve \$150 million US in financing to be used for daily operations, which would give him more time to seek a more favourable media contract. A hearing is set for today in Wilmington, Del.

THE ASSOCIATED PRESS

EXTENSION

Canucks lock up Bieksa: Source

The Vancouver Canucks have kept Kevin Bieksa

from hitting the market, signing the defenceman to a \$23-million US, five-year extension.

The team wasn't expected to announce the deal yesterday, but a source confirmed it had been completed.

Bieksa would have become an unrestricted free agent on Friday.

THE CANADIAN PRESS

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6 Adele - Rolling In The Deep
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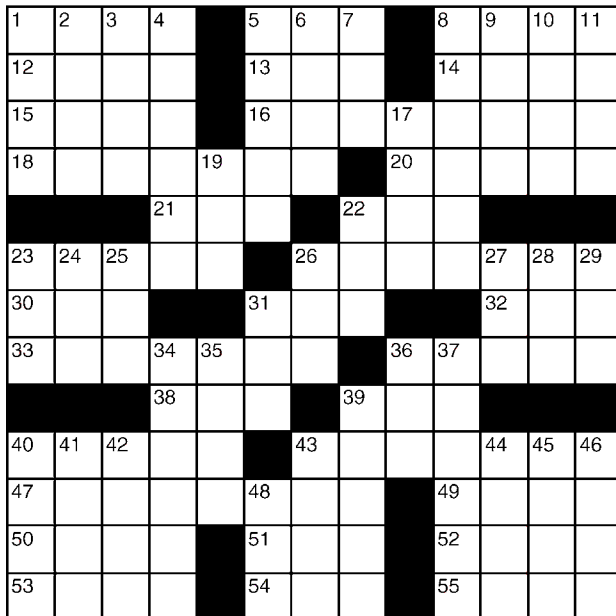
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Crossword

Across

1 "— have to do"
5 Crone
8 Particular
12 — En-lai
13 Bullring cheer
14 Pianist Peter
15 Time of prosperity
16 1960s quartet member Elliot
18 Speaks unclearly
20 Increases
21 Listening organ
22 Collection
23 Rowling's Potter
26 Souvenir
30 Matterhorn, for one
31 Transmit electroni- cally
32 LummoX
33 Copycat's skill
36 Entire range
38 Bashful
39 Young dog
40 Report card letter
43 Champagne and OJ drinks
47 — Day (May 30)
49 Energetic
50 Paradise
51 Past
52 Franc replacement
53 Zilch
54 Cam-bridge sch.
55 Verve
Down
1 Cold War weapon (Abbr.)
2 Quaker pronoun
3 Weaver's apparatus
4 Wood
5 Bart's dad
6 "Woe is me!"



7 Jewel
8 Spur on
9 Ship-building wood
10 Gaelic
11 Rolling stone's lack?
17 Throat-clearing sound
19 Deposit
22 Gender
23 Stage hog
24 Boxer Muhammad
25 Spinning stat
26 Has permission
27 — de plume
28 Greek cross

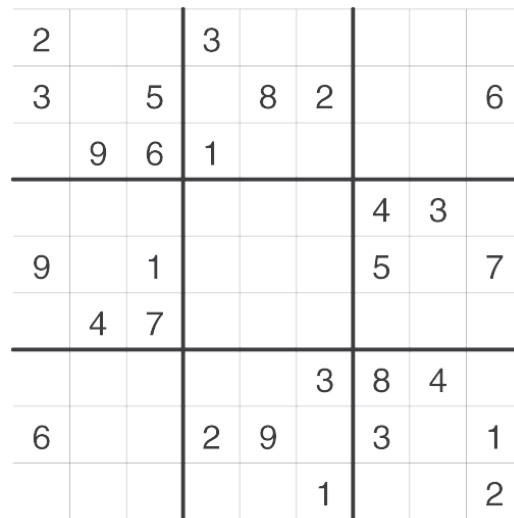
29 Frequently, for short
31 Saute
34 1926 song, "When Day —"
35 "Moonstruck" Oscar winner
36 Wrigley product
37 Farthest orbital point
39 Chesley Sullen-berger, e.g.
40 Feds
41 Start over
42 Prayer ending
43 Creche trio

44 Satan's purchase
45 Taj Mahal city / 46 Any day now
48 Descartes' conclusion

► Yesterday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

6	2	5	1	8	9	4	7	3
9	3	8	2	7	4	1	6	5
7	1	4	6	5	3	2	9	8
8	7	6	4	2	1	5	3	9
1	9	2	5	3	7	8	4	6
5	4	3	8	9	6	7	1	2
2	6	1	3	4	8	9	5	7
3	8	7	9	1	5	6	2	4
4	5	9	7	6	2	3	8	1

Yesterday's answer ►

Today

25°/12°
 Partly cloudy

Wednesday

21°/14°
 Showers
 40%

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Today's horoscope

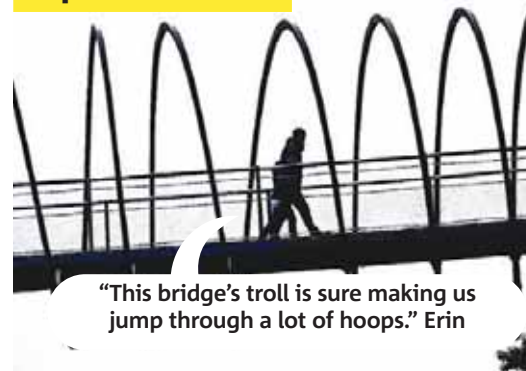
♈ Aries March 21-April 20 Open up a bit and let others know how you think and how you feel.
♉ Taurus April 21-May 21 Your loyalty is impressive, but what about common sense?
♊ Gemini May 22-June 21 Friends and family will rally round and help you out of a jam.
♋ Cancer June 22-July 22 If someone takes liberties with you today you must hit back.
♌ Leo July 23-Aug. 23 Your self-belief will see you through what could be a tricky day.

♍ Virgo Aug. 24-Sept. 22 Don't allow yourself to react to the kind of provocation that most others times would go right over your head.
♎ Libra Sept. 23-Oct. 23 A clash of wills is inevitable over the next 24 hours.
♏ Scorpio Oct. 24-Nov. 22 You may be under a bit of stress at the moment but it will bring out the best in you. kick-start your summer.
♐ Sagittarius Nov. 23-Dec. 21 Get things done and, more importantly, get powerful people on your

For today's crossword answers and for expanded horoscopes, go to metronews.ca

side.
♑ Capricorn Dec. 22-Jan. 20 It would be easy to let your anger get the better of you today – and a huge mistake.
♒ Aquarius Jan. 21-Feb. 18 You are in no mood to sit back and let things happen – you want to reach out and get involved – but you would be wise to listen to what other people tell you.
♓ Pisces Feb. 19-March 20. Someone will question your commitment to a cause – do they have a point? **SALLY BROMPTON**

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"This bridge's troll is sure making us jump through a lot of hoops." Erin



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U0346	Mercedes	2008	C230W4	Automatic	Grey	98,227 km	\$26,900	\$24,993
U0349	Mercedes	2009	E350W4M	Automatic	Obsidian	36,889 km	\$49,900	\$49,400
U0336	Mercedes	2008	GL320CDI	Automatic	Pewter	74,129 km	\$53,900	\$49,993
U0354	Mercedes	2008	C-2304MATIC	Automatic	Obsidian	52,158 km	\$32,900	\$32,400
DM0161	Mercedes	2008	B200T	Automatic	Silver	63,905 km	\$22,900	\$21,900
U0357	Mercedes	2007	C-280W	Automatic	Silver	59,670 km	\$22,900	\$22,400
U0358	Mercedes	2008	C-300W	6spd	White	49,483 km	\$32,900	\$32,400



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